

July 2014

Volume 6, Issue 7

WELL AWARE

Monthly Newsletter

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Contact DelaWELL

www.delawell.delaware.gov

1-800-556-6106

EMAIL: Employee.wellness@state.de.us

Alere®

<https://delawell.alerehealth.com>

1-866-674-9103 (Nurse24)

Contact Statewide Benefits Office

www.ben.omb.delaware.gov

1-800-489-8933 OR (302) 739-8331

Medical and Prescription ID Cards

New ID Cards have been mailed to your home address and must be presented when services are provided on and after July 1, 2014.

If you did not receive a new ID Card or if you need additional ID Cards, contact the appropriate Customer Services staff:

- Express-Scripts (formerly known as Medco) mailed new ID Cards to all members.
- Aetna mailed ID Cards to HMO members.
- Highmark Delaware mailed ID Cards to Comprehensive-PPO and IPA/HMO members.

Express-Scripts: 1-800-939-2142
Aetna: 1-877-542-3862
Highmark Delaware: 1-800-633-2563

REMEMBER: Show your ID Card every time you receive services.

Did You Know?

The State of Delaware carriers for health care, wellness, prescription and dental coverage (Highmark, Aetna, Express Scripts, Alere, Delta and Dominion) do not send unsolicited text messages to members regarding services, coverage, ID cards or any other topic. If you receive a text message regarding your health benefits, beware that the message may be a marketing promotion or attempt to get private information from you.

How to protect yourself:

If you receive a questionable text message, delete the message and do not call the phone number provided.

Anytime you are not sure whether a text message, email or phone call is legitimate, please call the appropriate carrier using the phone number on your ID card, or contact the Statewide Benefits Office at 1-800-489-8933.

(Aetna members may request a text response with a link to an application, or to receive a response to a customer service question. Text responses will clearly state Aetna as the sender.)



News And Upcoming Events

What's Going On:

2014-2015 DelaWELL Program Year Starts July 1st – Reward Yourself With The Best Of Health

Visit the Governor's "Healthy State Workplace" Page at <http://www.delawell.delaware.gov/healthy-workplace.shtml> and read the latest message from Governor Jack Markell. He encourages employees to make wellness a lifelong journey by participating in DelaWELL each year to maintain good health, measure progress and healthy change and earn the DelaWELL rewards (up to \$200).

2014-2015 Special Discounted Pricing For Weight Watchers® Offerings, At-Work Meetings And More
The State of Delaware offers discounted pricing for Weight Watchers® Meetings With Monthly Pass and Weight Watchers® Online subscription, as well as credit towards the 2014-2015 DelaWELL \$200 Gold Level Reward if you meet certain purchase requirements. Are you interested in joining or starting a Weight Watchers At-Work Meeting? To learn more, visit <http://delawell.delaware.gov/ww.shtml>.

Upcoming Events:

2013-2014 DelaWELL Reward Payout Date Is July 11, 2014

Read more at <http://www.delawell.delaware.gov/reward-incentive.shtml>.

2014 Governor's Cup 5K Run/Walk, 1 Mile Fun Walk and Health Fair

The event will take place on **Wednesday, September 24, 2014** at Woodburn (The Governor's Residence) in Dover, DE. **Registration opens July 21st** and is on a first come, first served basis. Starting July 21st, visit www.delawell.delaware.gov, navigate to the "Governor's Cup 5K" link located on the left menu under Information and select the "2014 Event Registration" link.

2014-2015 DelaWELL Health Screenings

The free screenings will take place from **July 14, 2014 through April 29, 2015**. Appointments are available during work hours, as well as late afternoon/ evening hours. After you log in, click on the links on the left menu of the DelaWELL Health Portal (<https://delawell.alerehealth.com>) for more information, including a screening calendar, health screening frequently asked questions (FAQs) and to register for an appointment.

DelaWELL University Onsite Health Seminars

October 2014 - Topic: *Outsmarting Stress: Changing Your Attitude To Accomplish More*
November 2014 – Topic: *Know Your Health: A New Look At Why I Smoke And How To Quit*
January 2015 – Topic: *Get Moving This Winter: Don't Hibernate, Instead Invigorate Your Life And Health With Physical Activity*
April 2015 – Topic: *Understanding Food And Nutrition*

Register for a seminar date, time and location convenient for you by visiting http://www.delawell.delaware.gov/Seminar_Registration/Semi_Reg.asp.

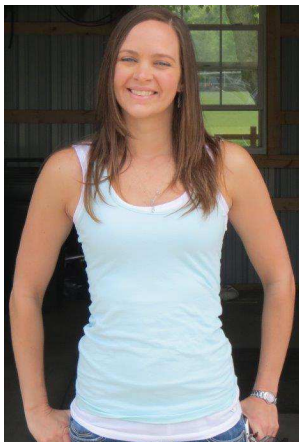


Motivation Station: Employee Spotlight



Jennifer Biddle

Criminal History Technician – Delaware State Police (DSP)



"My Asthma may never go away, but with the help of the Asthma management articles on the DelaWELL Health Portal and the inspiration of going to the Governor's Cup 5K events, I will be able to keep making improvements in managing my Asthma..."

To read Jennifer's complete story and other participant health testimonies, visit www.delawell.delaware.gov and click on the "Motivation Station" link. Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness?

If so, we would like to hear from you! Send us an e-mail at Employee.Wellness@state.de.us possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

Here's Looking At You – In Prescription Sunglasses

Find the perfect pair for every style under the sun, and every activity.

If you wear eyeglasses and spend a lot of time outdoors, you may want to consider prescription sunglasses. Providing convenience, comfort and protection, they can enhance your time outside. There are many choices when it comes to finding a pair that won't break the bank. Frames, lenses, color and tint are part of a wide range of options that makes it easy to find the perfect pair for your lifestyle and your budget. How you spend your time outside can help you determine what type of prescription sunglasses is best for you.

Are you sporty and active?

Polycarbonate lenses may be for you. Lightweight and shatterproof, these lenses are ideal if you have an active lifestyle or play sports. Polycarbonate naturally blocks almost all UV rays, so these glasses don't need additional UV coating. However, they can scratch, so use a lens hardener or similar coating to help protect them.

Consider yourself a style guru?

Try on high-index lenses, they bend light more efficiently, meaning light travels faster through these lenses than traditional lenses. High-index lenses can offer the same

degree of visual correction using less material, which results in thinner lenses and less weight to your glasses. No matter what type of prescription sunglasses you choose, be sure you select lenses that completely block the sun's harmful UV rays. Optometrists recommend wearing sunglasses that deliver the highest level of UV protection—99 to 100 percent.

Prescription sunglasses are more stylish, durable and affordable than before. If you are interested in prescription sunglasses, talk to your eye care professional today, who can help you choose the right pair so that you can enjoy the great outdoors even more.



To learn more about your vision benefits, please visit

www.eyemedvisioncare.com

And click the **Members** tab.

HMS EAP + Work/Life Program: Financial Resources

Visit the HMS EAP+ Work/Life Program website at <http://hms.healthadvocate.com>.

After you enter "State of Delaware" as the name of your organization and click "Submit," then navigate to the **Financial** link. Here you will find helpful information on a variety of topics, including auto center (i.e., purchasing or leasing a vehicle), banking and credit, budgeting, calculators, debt and bankruptcy, education, estate and retirement planning, home center (i.e., home buying, selling a house, etc.) identity

theft, insurance center (i.e., auto, homeowner's, etc.), investing and taxes.

In addition to the resources on the HMS website, financial counselors are available to address your questions on all matters of financial management, including debt reduction, home buying, budgeting, foreclosure prevention and bankruptcy prevention. Certified Consumer Credit Counselors will provide free, 30 minute confidential counseling sessions.

Easy to reach and available 24/7 to assist you!
Call HMS at 1-800-343-2186



Healthy Recipe: Picnic Potato Salad

Ingredients:

Salad:

1 pound red potatoes, washed and cut into 1-inch wedges
 1/2 cup red onions, thin-sliced
 1/2 pound green beans, snapped in half
 1/2 cup sun-dried tomato halves
 1/2 teaspoon fresh rosemary, chopped
 1 teaspoon olive oil

Rosemary vinaigrette:

2 tablespoons extra-virgin olive oil
 2 tablespoons red wine vinegar
 1 teaspoon Dijon-style mustard
 1/2 teaspoon fresh rosemary, chopped

Directions:

Preheat oven to 425 degrees. When oven is hot, put 1 teaspoon olive oil onto baking sheet. Heat for about two minutes and spread potatoes in one layer on pan. Roast for 10 minutes; turn with spatula. Roast 10 minutes more, or until golden brown. While potatoes are roasting, prepare beans for steaming. Cook about five minutes, or until bright green. Drop sun-dried tomato halves into the boiling water used to steam beans. When tomatoes are plump, cool and cut into bite-sized pieces. Sliced red onion can be put into cold water for milder taste. Drain. To prepare rosemary vinaigrette, put all ingredients into small jar. Shake until combined.

Assemble all ingredients, including fresh rosemary; top with rosemary vinaigrette, mixing well.



Serves six:

Each serving contains about 131 calories, 19 g carbohydrates, 3 g protein, 5 g fat, 111 mg sodium, and 3 g fiber.

For more great recipes, visit the HMS EAP+ Work/Life Program website at <http://hms.healthadvocate.com>. After you enter "State of Delaware" as the name of your organization and click "Submit," navigate to the "Health" tab and look under the header "Recipes."



The Fitness Guru Says... Health Tip: Yoga – Cat Cow Pose

Dear Reader,

Yoga includes breathing, meditation, and exercises called postures or poses, that stretch the body. There are numerous yoga poses you can do to help you relax. Here is one that is simple to learn and easy to do:

Yoga: Cat Cow Pose (Caution: If you have neck problems or an injury, keep your neck in the original position in line with your torso instead of moving it with your spine.)



Start out on your hands and knees on a mat or carpet with your body aligned so that your shoulders are directly above your wrists and your hips are in line with your knees. Your back should be flat, and your neck should extend out straight from your spine. Your gaze should be toward the floor below.



On your next exhale, round your spine upward like a cat. Keep your knees and shoulders in place, but allow your head to bow toward the floor. Try not to let your chin fall to your chest.



As you inhale, arch your back, lifting your chest and sit bones (the bones in your buttocks that you can feel when you sit on a hard chair) upward. When you do this, your belly will naturally move toward the floor. Your head comes up so that your gaze is straight in front of you (not looking upward).

Repeat the sequence 10 to 20 times. Make sure to do the movements as you breathe in and out.

For more helpful yoga poses, log on the DelaWELL Health Portal at <https://delawell.alerehealth.com>.

Best of Health!

F.G. (a.k.a. Fitness Guru)